



**4<sup>th</sup> Diabetes Report to Cabinet - 10<sup>th</sup> April 2024**

Sharon Sampie  
District Chair – Diabetes

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**4<sup>th</sup> DIABETES REPORT TO CABINET**

**ACTIVITIES THUS FAR IN THE 4<sup>th</sup> QUARTER**

**FEBRUARY 2024 -**

1. Assisted Tableview LC with monthly glucose testing at a shopping Mall in Tableview. Tested 31 people and found two to be dangerously high and followed up two weeks later.
2. Set up a Diabetes Awareness Pop Up Clinic at the Plumstead Family Market....Tested 21 people and found 3 to need additional assistance

**MARCH 2024**

I was invited to do glucose testing and awareness with the Cape Winelands Emergency Medical Services Cape Winelands Managers. These staff members are medically trained so the idea was to give them the necessary pamphlets to do testing and awareness in the Communities which they serve as pre- hospital emergency care providers.

**APRIL 2024**

I have been invited to do glucose testing and awareness session with the Overberg EMS Managers on the 24<sup>th</sup> April.....all these staff members are medically trained and my goal would be to encourage them to arrange testing and awareness sessions with the Communities they serve.

**HIGHLIGHTS SINCE THE BEGINNING OF THE FISCAL YEAR.**

1. Being invited to speak at the Emergency Medical Services Women's Symposium in August 2023:
2. Being very much involved and assisting with the Children with Type 1 Diabetes Camp in Simon's Town in October 2024:
3. Monthly opportunity to set up a Pop Up Little Diabetes Clinic at a Local Market in Plumstead using my two sleeper Camper Van for privacy....Also an opportunity for Club members to socialise and possibly attract new members;
4. Visiting Zones 9, 10 and 11 Zone Meetings and both doing testing and offering assistance to Clubs;
5. I thoroughly enjoyed assisting the following Clubs with testing and awareness:  
Athlone LC;  
Tableview LC;  
Groote Schuur LC;  
Milnerton LC





**LIONS INTERNATIONAL  
DISTRICT 410W**

IMPACT COMES FROM ACTION



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Moorreesburg LC

6. Having the opportunity to speak to members of Disaster Management, SAPS, Traffic Dept EMS Staff as well as road travellers coming through the Arrive Alive Campaign at the Weighbridge in Moorreesburg early in December 2023.

NB Most importantly is Groote Schuur Hospital who have been providing me with printed material with information about nutrition for diabetics. I feel that this is probably the most important part of diabetes awareness because people generally don't know how to manage their diets once being told to avoid white bread (any bread actually), regular potatoes, pasta and sugar.

I look forward to serving As the Diabetes DC for the next fiscal year.

Sharon M Sampie

DC Diabetes District 410W

